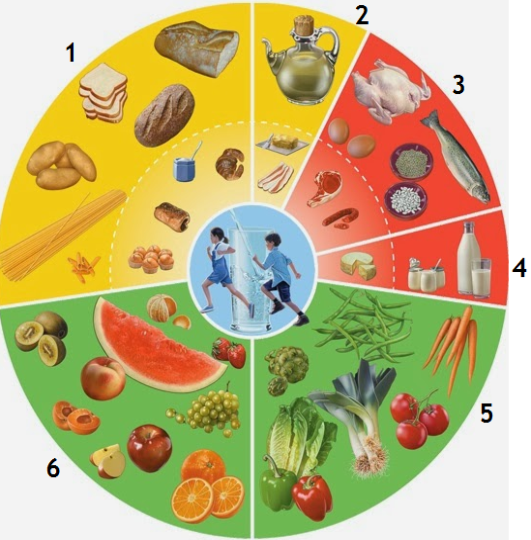
**NUTRIENTS IN FOOD WHEEL**



**CARBOHYDRATES**

Two of the three carbohydrates -- sugars and starches -- serve as the body’s preferred source of energy. During digestion, they’re broken down into glucose, which is quickly converted into energy that can be used by every cell. Some glucose is stored in the liver and muscles so that you have energy ready whenever it’s needed. Excess glucose is converted into fatty acids and stored as fat. One significant difference between the two is that sugar provides energy without nutrients, but starches, or complex carbohydrates, deliver energy plus vitamins, minerals and fiber. Fiber is the third type of carbohydrate, but it is not digested. Insoluble fiber adds bulk that keeps food moving through the digestive system, and soluble fiber helps lower cholesterol and keeps blood sugar balanced.

Starch is found in group number **1** and sugars are found in sweets.

Fiber is found in groups **5** and **6** and in some nuts (which are included in group 2 –fats-) and in pulses (which are included in group 3 –protein food-).

**PROTEINS**

Proteins consist of long chains of amino acids. When you eat proteins, they’re digested into the individual amino acids, which your body then uses to build the specific proteins it needs.

Proteins are found in group **3** (animal proteins in meat, fish and eggs, and vegetable proteins in pulses) and in group **4** or dairy group (only animal proteins)

**FATS**

In spite of their bad reputation, fats are an essential part of your diet because they ensure normal growth and development. Fats form the structure that supports cell membranes, cushion your organs and help produce hormones. Vitamins A, E, D and K can't be properly absorbed unless fats are present. Saturated fats and cholesterol are "bad" fats because they contribute to heart disease. Trans fats, which are identified as hydrogenated vegetable oils, should also be avoided because they raise cholesterol. The best way to add fats to your diet is by consuming healthy unsaturated fats −monounsaturated and polyunsaturated− which actually lower cholesterol and help prevent inflammation.

Fats are found in group **2** (animal fats [BAD FATS] in butter, lard [manteca de cerdo] and vegetable fats [HEALTHY FATS] in oil of canola, sunflower, olive… and in nuts, which are also included in this group) and also in group 3 where fats are included in meat [BAD] and fish [HEALTHY]. There are also fats in dairy group (**3**): milk and cheese.